

LIVE NEWS OF TWO PITTSTONS

The SCRANTON TRIBUNE'S Pittston department is in charge of J. M. Faly, to whom news items and complaints may be referred.

PITTSTON HAPPENINGS.

An out of town company of capitalists are about the leasing of the Reap property on North Main street, known as the Claret brewery. The company proposes to manufacture kuit goods.

Mrs. Cuddeback, of the West Side, returns thanks to neighbors and friends for many kindnesses at the time of the death and funeral of her husband. The inspection of companies C and H, Ninth regiment, National Guard of Pennsylvania, was to be held last evening but did not take place. It has been postponed to Saturday evening, April 17.

At the annual meeting of Niagara Engine company for the election of officers, held at the rooms on Water street, Monday evening, the following officers were elected: President, J. R. Gorman; vice president, J. J. Kern; secretary, P. J. Gallagher; financial secretary, W. J. Webber; treasurer, Oliver Burke; foreman, Charles Kus; first assistant foreman, W. J. Walsh; second assistant foreman, James A. Fleming; pipeman, P. J. McDonnell; R. Fenner, Henry Kuschel, Charles Morris; trustees, A. B. Law, J. J. Sheridan, J. J. Fleming. The appointive officers will be named at the regular meeting of the company next Tuesday evening.

Excitement ran high for a time in the vicinity of Cork Lane yesterday afternoon. It was caused by a Poleander discharging a revolver at a fellow named Sheridan, who, it appears, annoyed the Pole by pelting him with onions.

The Luther league of eastern Pennsylvania will meet today with St. Peter's league, at St. Peter's Lutheran church at Hamtown. There will be three sessions, morning, afternoon and evening. Delegates will be present from Scranton, Wilkes-Barre, White Haven and other places.

The basket ball team of Company C, which was recently organized, held a business meeting Monday evening and elected the following officers: John M. Jones, manager; William Jones, captain; Carl Miller, secretary; George Bus, treasurer. They will play a match game with Company A's team of Wilkes-Barre, at Armory hall, on the evening of March 17.

Sweeping Challenges from Geo. Gallagher. I, the undersigned, will run anybody in the coal fields, barring Harry Campbell, of Wilkes-Barre, and Harry Dills, of Durysa. I will run any of the following named men on these conditions:

- I will give M. J. Buckley, of Pittston, 8 yards in 100; I will give Sam Barber 2 yards in same distance; I will give Drislin, Jones or Lehman, of Wilkes-Barre, 3 yards in 100; or Mat Fahy, of Shenandoah, 1 yard in 100; I will run Henderson, of Nesquehony, even, or will give Ed Armitage, of Plymouth, 12 yards in 100; or Besceker, of Durysa, 10 yards in 100.

Any of these races I will run in one hour's notice or in one month, for not less than \$250 a side, open to \$500. My match will be made through an agent whom I will appoint, after any of these challenges are accepted.

I am a resident of Pittston, and have been here for ten years.

GEORGE GALLAGHER, Railroad street, Pittston, Pa. March 7, 1894.

Have a Cinch.

The Gazette representative being the only member of the press at a banquet held by the new councilman-elect, goes to show that he must have a cinch on that august body.—Record correspondent.

The aforesaid "angust body" does not seem to know that it pays to show ordinary courtesies to the press in general, as well as that portion of it that constitutes itself their special tool. It is a simple case of "ignoramus," however.—Journal.

AROUND AVOCA.

News of the Day Graphically Reported by a Talented Writer.

Special to the Scranton Tribune. AVOCA, Pa., March 7.—The council held their regular meeting on Monday evening to close out the business of last year and for the purpose of organizing the new council. The following officers were elected: President, Archie McQuarrie; secretary, G. M. Snyder; borough attorney, John McGilvie; treasurer, Michael Cannon; chief of police, A. F. Rhoades; street commissioner, James Graham.

Rev. Father Donlan, of Dunmore, presided at the services at St. Mary's church last evening.

Mrs. James Gilhooly has recovered from her recent illness.

Mrs. H. M. Steever has returned from a visit with friends in Peckville.

Miss Lizzie Penniman spent yesterday afternoon in Scranton.

The two story frame building on Parker street, owned and occupied by Patrick Nealon, was entirely destroyed by fire at 2 a. m. yesterday. The cause of the fire is unknown. The loss is covered by insurance.

Mrs. M. A. Flock, Mrs. J. H. Anderson and Mrs. Kate Lewis visited friends in West Pittston today.

The importance of keeping the liver and kidneys in good condition cannot be overestimated. Hood's Sarsaparilla is a great remedy for regulating and invigorating these organs.

Hood's Pills act easily, yet promptly and effectively, on the liver and bowels.

When Baby was sick, we gave her Castoria. When she was a Child, she cried for Castoria. When she became Miss, she clung to Castoria. When she had Children, she gave them Castoria.

THE FATNESS OF HEALTH

Some Valuable Secrets on How to Attain It.

THEY ARE INTERESTING

There is Great Danger in Growing Thin and It Needs to Be Carefully Watched.

If you are getting thin you are sick, though you may not know it.

If you are losing weight steadily, there is something wrong about that needs looking to.

If you have always been thin, it doesn't follow that you are sick, but that you might be healthier.

You might be fat and plump, and strong and hearty.

You cannot be strong if you are thin. Thinness isn't necessarily a sign of sickness unless you commence to get thin and keep getting thinner, but it's a sign that you are in danger of being sick. It's a sign that if you get sick it may be hard for you to get well; that the least chill may cause a cold, the least cold becoming something worse. A sign that out of a small ailment may come gonorrhea, rheumatism, diabetes, consumption, rickets or scrofula, and many other sad diseases, which might have been prevented by healthy fatness.

Try, then, to be healthy and fat. It's not difficult. If you know how, the trying is both easy and pleasant.

In a few words, getting fat consists in eating proper food, food that contains the proper nourishment, food that digests easily.

Till a few years ago, doctors, as well as ordinary people, had a great many funny notions about the stomach; about how food was treated, and about what became of it after it was digested.

No one knew any better; no one had studied right. Not until some eminent men gave the subject their special attention, did we get any real knowledge.

Most people (and many doctors) still think that everything you take into your mouth is digested in your stomach. This is wrong.

The only foods that are directly digested in the stomach are the albumens, and these, while important, are, if anything, the least important of the foods we digest.

To understand how to get fat, you must try to remember the following explanations:

- All the foods we eat belong to one of the four following divisions:
 1. The Starches;
 2. The Fats;
 3. The Albumens;
 4. The Salts.

The salts undergo no digestion at all, so we will not speak of them further.

The starches and the fat of the body are sometimes called fuel foods, because they supply our energy, our motive power. We burn them up in our daily life as the engine burns coal. Our fat is our reserve fuel. The starches, well-digested, make our fat.

The albumens are used in our body for the repair of worn out tissue, of which a small portion goes to waste every day.

So unless you do hard labor, you need little albumen but always plenty of starch. Thin people often have better appetites than fat people, may even eat more; but still they don't get fat. What is the reason?

The reason is generally bad digestion. Indigestion has of late years been proved to be the cause of a great proportion of all our diseases.

Indigestion can be cured without drugs, by eating proper food properly. Curing indigestion means getting normal fat.

You probably know what foods contain starch. If you want to get fat these are the foods to eat.

If you want to know which of these to eat, consult your palate. Do you like it? Does it agree with you? If not, don't eat it.

The old idea was, that to get fat you must eat fat. Fat meats, fat oils, cod liver oil. This is wrong.

Starchy foods will make you fatter than oily foods. You could live without oily foods altogether, if you wished.

Starchy foods are generally more easily digested than oily foods, hence are better for people who wish to get fat. If people are too fat they should not eat starchy foods. All doctors admit this.

Paskola is a starchy food. Its use will enable you to get fat, when all the starch and fat foods you eat do not help you.

The reason for this is that it is already digested before you take it.

Paskola saves your digestive organs from having to work. When it reaches the intestines it is absorbed at once.

We said that getting fat consisted in eating proper food, food that would digest easily. Paskola is that food.

For this person, the certainty of getting fat depends almost entirely upon Paskola.

Most people eat enough in their daily meals to become fat, but the fattening food is not digested. It merely passes through the system. This people can see why it is they need a food that is already digested.

Physicists told their patients, if they suffered from dyspepsia, that drugs could cure them; that drugs would help them to get fat.

Even now many of them recommend pepsin and cod liver oil.

Pepsin won't digest starches or fats. It only digests albumen (lean meat, white of egg, cheese, etc.).

Albumen is not fattening. If they don't agree with you, don't eat too much of them. Then you won't need pepsin.

Modern science has discovered that starchy food is the food for this people. Paskola is the outcome of the most modern discoveries of modern science. It is the best starch food food. It is composed of the finest and most nourishing flour, artificially digested.

Paskola is pleasant to the taste. No cooking or preparation is necessary. It contains no drugs or medicine. It has simply been digested by being treated with the substances which, in a healthy man, are used by nature to digest starch-foods.

Paskola is nothing but natural food. Consumption is wasting away and losing flesh. It is but one of the many diseases we suffer from, caused by bad digestion.

Bad digestion can be cured, the consumptive can gain flesh and strength, and this will help the doctor to cure the disease.

The way to do it is for the consumptive to take Paskola. Paskola will make anyone fat, even a consumptive.

Fatness, happiness and health. They all go together. How seldom do we see a fat unhappy person!

On the other hand the unhappy thin people, the dyspeptic, the consumptive, the nervous invalid. Why can they not be all fat? They would look so different. They would feel so different. They could be well if they tried. They could even be well if they tried.

The way to get well would be to get fat; the way to get fat would be to take Paskola.

Paskola is for sale by all reputable drug-gists.

A pamphlet giving full particulars respecting Paskola will be sent on application to the Pre-Digested Food Co., 30 Beale St., N. Y. City.

Burdock BLOOD BITTERS

HEADACHE CURES HEADACHE CURES HEADACHE CURES HEADACHE

Restores Lost Health

MISS LOTTIE CARSON, of Saranac, Mich., writes: "I have been troubled with a terrible headache for about two years and could not get anything to help me, but at last a friend advised me to take your Burdock Blood Bitters, which I did, and after taking two bottles, I have not had the headache since."

Indapo

Made a well Man of Me!

INDAPO THE GREAT HINDOO REMEDY

RESULTS IN 30 DAYS. Cures all nervous, indigestion, biliousness, flatulency, constipation, and all other ailments of the stomach and bowels. It is a powerful purgative and cleanses the system. It is sold in all drug stores.

Complexion Preserved

DR. HEBRA'S VIOLA CREAM

Removes Freckles, Pimples, Liver - Moles, Blackheads, Scabs, and Tan. Keeps the skin soft and healthy. It is sold in all drug stores.

VIOLA SKIN SOAP

Is simply incomparable as a skin soaping soap, except for the toilet, and without a taint for the water. It is sold in all drug stores.

For sale by Matthews Bros., Morgan Bros. and Morgan & Co.

CUSHMAN'S MENTHOL INHALER

FOR CATARRH OF THE HEADACHE NEURALGIA

Removes Freckles, Pimples, Liver - Moles, Blackheads, Scabs, and Tan. Keeps the skin soft and healthy. It is sold in all drug stores.

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Sometimes needs a reliable monthly regulating medicine.

DR. PEAL'S PENNYROYAL PILLS.

Are prompt, safe and certain in result. The genuine Dr. Peal's never disappoints. Sent everywhere. Price, 25 cents. Sold by all druggists.

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Coal of the best quality for domestic use and of all sizes, delivered in any part of the city at lowest price. Orders left at my office.

NO. 118 WYOMING AVENUE. Rear room, first floor. "National Bank" or sent by mail or telephone to the mine, will receive prompt attention. Special contracts will be made for the sale and delivery of Buckshot Coal.

WM. T. SMITH.

ANTONE HARTMAN

906 South Washington Avenue.

Contractor and builder of Concrete Flaggings, Concrete Blocks, Potatoes, Butter and Coal. Also, Wet Cellars and up. Orders may be left at Thompson & Pratt, Williams & Co., Main and Eggert Streets, or at Scranton Store Works. Also, Foundations, Cisterns, Fish Wire Tunnels and Coffins. Flaggings for Garden Walks.

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PITTSTON, PA.

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CURE YOURSELF IN FIFTEEN DAYS.

I will send FREE to any man the prescription of a new and powerful positive remedy to enlarge small weak organs, and cure for all weakness in young or old men. Symptoms: Loss of Manhood, Emissions and Varicocele in 15 days; disease never returns. Correspondence private. All letters sent in plain sealed envelope. Address: P. O. BOX 188, Lock Box 364, News Dealer, Marshall, Mich.

MARCH 8, 1894.

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We have placed on sale our line of Ginghams for the coming spring and summer. Finer Goods, More Tasteful Colorings and Lower Prices than ever before, are what will recommend them to our patrons.

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